

Term	Alive Theme	What we do	How it helps students to develop that Alive theme
1	We are creative	Students will do a gymnastics block	Students have the chance to work individually and in groups to create routines and performances
2	We can contribute	Students have to work in groups most lessons, as well as come up with rules and improvement ideas for activities.	This regularly gives students an opportunity to contribute to group work as well as have input into their learning
3	We value justice and respect	Activities are usually self-officiated where we emphasise the importance of justice and respect.	This helps students see the difference if we do not show these values and how it makes physical activity less enjoyable
4	We can review	Students are regularly asked to review their own and others performances.	This allows students to review different performances and tactics to highlight strengths and weaknesses
5	We can communicate	Students work in groups in almost every lesson. We focus on the way they speak to each other and how they can communicate more effectively	Students have to communicate to solve problems in a variety of scenarios
6	We are resilient	Students are continually trying new activities and being pushed to try new things	Students are continuously pushed out of their comfort zones to try new things

	What we do	When we do it	How it helps students to develop our Alive theme
<b>Year 10</b>	<p>Core: Promotion of engagement in physical activity to develop lifelong participating in physical activity.</p> <p>GCSE: Learning how to structure training to improve fitness and performance Learning about how their mind responds to physical activity and how they can help themselves prepare for stressful situations</p>	<p>All year</p> <p>Physical training Mental preparation for performance</p>	<p>Students get to experience different roles within a range of different activities Students learn how their body is able to perform physical activity and how it adapts Students learn how to help themselves mentally prepare for stressful situation</p>
<b>Year 11</b>	<p>Core: Getting students to try a variety of activities so that they can make informed choices about physical activity choices after leaving school</p> <p>GCSE: Learning about, health, fitness and well- being what each one is and why they are important</p>	<p>All year</p> <p>Health and well-being topic</p>	<p>Helps students find activities they may want to do at a later date.</p> <p>Helps students understand the importance health and wellbeing and the factors that can positively and negatively affect them.</p>

## PE Year 10 Alive Themes

Term	Alive Theme	What we do	How it helps students to develop that Alive theme
1	We are interdependent	Students have to work together during practical lessons in order to gain the best grade	Students need to work together as a group to ensure that they improve their grades
2	We are creative	Students use different mediums to create and label a skeleton	Students have to choose mediums they think replicate different bones within the body
3	We can review	Written coursework	Students have to review their own performance and come up with ways to improve it in a chosen activity
4	We are resilient	Students take part in a unit of climbing to help towards their practical grades	This is often a new physical activity for most students that pushes them outside their comfort zone.

## PE Year 11 Alive Themes

Term	Alive Theme	What we do	How it helps students to develop that Alive theme
1	We can review	Students study different types goals and target setting	This shows students different ways that they can using goal and targeting setting to look at own performance and improve it.
2	We can question	Students study the effect of commercialisation on sport	Students have to question and evaluate whether the commercialisation of sport is positive for key stake holders in physical activity
3	We value diversity and choice	Ethical and sociocultural issues in physical activity	This allows students to look at how some people are not able to take part in physical activity and how to remove the barriers
4	We are creative	Create different lever systems when studying movement analysis	Students have to use different components to construct level systems to replicate those in the body.